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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Monday, December 20, 1943

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Subject: "FOOD GIFTS FOR CHRISTMAS." Information from the food distribution officials of the U.S. Department of Agriculture.

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★ DEC 20 1943 ★

Let's agree that the spirit of Christmas giving is best expressed by some thing made personally with a special thought for the one who receives it. But most of us are so busy this year and have so little time for sewing or knitting or other handwork, we can't show our Christmas spirit in the same ways we used to. Why not take a tip from farm homemakers, who have always exchanged good things from their kitchens and store-rooms at Christmas time?

Perhaps in the past you've thought of "kitchen gifts" as a last minute resort for a forgotten relative or an unexpected house guest. But in wartime, gifts of food help spread supplies and stretch ration points. You'll be surprised, if you've never given any before, how welcome your food gifts will be. Here are a number of suggestions gathered by extension workers of the U.S. Department of Agriculture:

If you have some of your own canned or pickled Victory Garden products to share with other branches of the family, or friends who did not have gardens last summer, they will surely "rise up and call you blessed." Or you may have put up a few more choice preserves or jellies than your household needs, or possibly some fruit juice or green tomato mincemeat. Such gifts are already on hand and need only a Christmas greeting tag to solve your gift problem. You would even have time still to make a little cranberry sauce or jelly to be used in the holidays, if you have the sugar to spare.

Have you a good stock of stored vegetables? Victory gardeners on the fringes of cities, as well as those in country areas planted a number of root vegetables

$\frac{d}{dt} \left(\frac{1}{2} m v^2 \right) = \frac{1}{2} m \frac{d}{dt} (v^2) = \frac{1}{2} m \frac{d}{dt} (v_x^2 + v_y^2 + v_z^2)$

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1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

last summer, and by now may find they have some they can pass along to others who could not make gardens last year. Your relatives who live in an apartment in the city won't be displeased at receiving a colorful box of home-grown carrots, beets, turnips, cabbage, celery and other good keepers, to say nothing of a few onions if you can spare any! And a mother with a large family should be wreathed in smiles if she gets a sack of potatoes with a "Merry Christmas" card on it. These foods are plentiful in the country, but in the city they must all be bought. Even if the price is not high, getting them is a weary chore for the city housewife. She may have to wait in line a half hour or more before she can carry her vegetables home for dinner. Having them in the house is literally a gift of time to her.

Next to Victory garden products and your own preserves or canned fruits and vegetables, you might consider baking a few Christmas gifts. How about homemade cookies or cakes? Steamed puddings? Gingerbread? Or make some unusual kind of bread with raisins or prunes or other dried fruit in it,---or nut bread, oatmeal bread, soy bread, cinnamon bread,---or just plain bread. Who wouldn't prize a fragrant loaf of homemade bread or a pan of refrigerator rolls all ready for the Christmas dinner? Of course, baked gifts have to be last minute gifts for the sake of freshness, so plan your time and your work accordingly.

Now for a tip or two from the Department's food distribution officials on other possibilities in food gifts, for those who can't spare time for baking or who have no extra pantry or store-room supplies to give. Many modern homemakers like to experiment with new foods and would be glad of a chance to try some of the recent newcomers to our American table. Perhaps you know someone who hasn't made the acquaintance of the new soya products---soya grits and flour, pancake mixes with soya, Soya noodles or spaghetti, dried soybeans, canned green soybeans, salted soys and soy crackers. Dress up a package or two of these with a "note of introduction" by way of Christmas greeting. Look around for other unusual foods--

new dehydrated soups and legumes, for example, and dehydrated cranberries.

Or give nuts---a box of either shelled or unshelled nuts--- fresh or salted. They could be tree nuts or peanuts. Peanuts are abundant and reasonably priced this month. Be sure to put shelled nut meats in a tight container if they come in bulk.

Or you might give fruit, a box or basket of carefully selected fruits of the season. Some markets have persimmons, avocados, rare melons and choice grapes just now. Citrus fruits are "in" again, and you can get all kinds---oranges---grapefruit---tangerines---limes---lemons. Your gift could be as small as a box holding half a dozen limes or as large as a net bag holding half a crate of oranges or grapefruit..

Another possibility in some markets is a basket of mushrooms. In different parts of the country local specialties will be your choice. Whatever you can give without taxing our overburdened shipping facilities takes that much strain off transportation.

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The first part of the report is devoted to a general
 description of the country and its resources. It
 is followed by a detailed account of the
 various industries and occupations of the
 people. The third part of the report
 contains a list of the principal towns and
 villages, with a description of each. The
 fourth part of the report is a list of the
 principal rivers and lakes, with a description
 of each. The fifth part of the report is a
 list of the principal mountains and hills, with
 a description of each. The sixth part of the
 report is a list of the principal forests and
 parks, with a description of each. The seventh
 part of the report is a list of the principal
 lakes and ponds, with a description of each.